



# Fitness & Recreation

Enjoy the benefits of staying healthy and fit by enrolling in one or more of the Harker Heights' fitness and recreation classes. Visit [www.harkerheights.gov/parksandrec](http://www.harkerheights.gov/parksandrec), the Harker Heights Recreation Center (307 Miller's Crossing) or 254.953.5657.

<b>TAE KWON DO</b> <b>HOUSE OF DISCIPLINE</b> Tuesdays & Thursdays Beginner 5:30 pm – 6:15 pm Advance 6:45 pm – 7:30 pm \$40.00 Non-Resident – Monthly \$35.00 Resident – Monthly Ages 6 – Adult Instructor Grand Master James McMurray	<b>HAPKIDO</b> <b>HOUSE OF DISCIPLINE</b> Tuesdays & Thursdays, 8 pm – 8:45 pm \$40.00 Non-Resident – Monthly \$35.00 Resident – Monthly Ages 17 – Adult Instructor Grand Master James McMurray	<b>ADAPTIVE CHAIR YOGA</b> Mondays, 10 am -11 am \$8.00 per class \$5.00 Senior (50+) per class Ages Adult 18+ Instructor Jenny Lawson
<b>WORDPLAY: RECREATIONAL FENCING</b> Thursdays, 6 pm – 7 pm \$50.00 Monthly Ages 7 – Adult Instructor Coach Jo Tye	<b>SENIOR RECREATION PROGRAM</b> Designed for ages 50 & up, the program offers activities and events that will provide services that empower the seniors to focus on what matters most: their goals, hopes, and dreams. <b>Granny Basketball</b> – Mondays & Fridays, 12 pm – 1:45 pm <b>Pinocle</b> – Mondays & Wednesdays, 12 pm – 3 pm <b>Stretchercise</b> – Tuesdays & Thursdays, 9:30 am – 10:30 am <b>Beginner Line Dancing</b> – Tuesdays, 10 am – 11 am <b>Advance Beginner Line Dancing</b> – Tuesdays, 11 am – 12 pm <b>Spades</b> – Tuesdays, 1 pm – 3 pm <b>Ping Pong: Table Tennis</b> – Tuesdays, 2 pm – 4 pm <b>Watercolor with Joe Friddle</b> – Wednesdays, 10 am – 12 pm (\$5 fee per class) <b>Scrabble</b> – Wednesdays & Fridays, 10 am – 2 pm <b>Bunco</b> – Wednesdays, 1 pm – 4 pm <b>Lifelong Learning</b> – Thursdays, 11 am – 12 pm <b>Senior P.E.</b> – Thursdays, 12 pm – 1:45 pm <b>Canasta</b> – Thursdays, 1 pm – 4 pm <b>Special Programs: (dates and times varies)</b> <b>BINGO</b> – 3 <sup>rd</sup> Thursday of the month, 1 pm – 2:30 pm <b>Ladies Night Out</b> – 3 <sup>rd</sup> Thursday of the month, 5 pm (local restaurant) <b>Lunch &amp; Learn</b> – 3 <sup>rd</sup> Friday of odd # months, 11:45 am – 1:30 pm <b>Crafty Connection</b> – 4 <sup>th</sup> Monday of even # months, 2 pm – 4 pm <b>More to come!</b>	
<b>FEEL GOOD YOGA</b> Tuesdays, 7 pm – 8 pm \$48.00 Monthly \$40.00 Monthly (Senior 50+) Preregistration required for class to make. Ages 10 – Adult / Instructor Cindy Gerdes		
<b>OUTDOOR GENTLE FLOW YOGA</b> 3 <sup>rd</sup> Saturday of the month 10:30 am – 11:30 am \$12.00 per class \$10.00 Senior (50+) per class Preregistration required for class to make. Ages 10 – Adult / Instructor Cindy Gerdes		
<b>FOLKLORICO DANCE</b> Summer Sessions Dates & Times: TBD Fall Sessions Dates & Times: TBD \$40.00 per session (12 classes & recital) Ages 6 – Adult Instructor Ruby Novoa		
<b>PICKLEBALL OPEN GYM</b> Mondays & Fridays 9 am – 11:45 am Open Gym Fee applies (Days & hours are subject to change.) Call 254.953.5657 for up to date info.	<div style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 10px; text-align: center;"> <b>We are looking for new classes, instructors, &amp; leaders.</b>  <b>If interested, call 254-953-5657.</b> </div>	
	<b>GET OUTDOORS (GO) HEIGHTS PROGRAM SERIES</b> Join us to learn a variety of outdoor skills! Activities are open to all ages and skill levels. Visit the Parks & Rec website and click the link Outdoor Recreation under Quick Links for more information.	
<b>12U OPEN GYM</b> Thursdays, 2 pm – 4:45 pm Open Gym Fee applies (Days & hours are subject to change.) Call 254.953.5657 for up to date info.	<b>BASKETBALL OPEN GYM</b> Mondays, Tuesdays, & Wednesdays 2 pm – 4:45 pm Open Gym Fee applies (Days & hours are subject to change.) Call 254.953.5657 for up to date info.	<b>WHEELCHAIR BASKETBALL OPEN GYM</b> Wednesdays, 9 am – 12:45 pm Fridays, 2 pm – 4:45 pm (Days & hours are subject to change.) Call 254.953.5657 for up to date info.